

What works?

When we first learn about Borderline Personality Disorder, one of our first questions is what treatment works? And we can spend a whole lot of years searching to find out. We are lucky to have Dr Elise Carrotte who will discuss which therapies do work, at our next Info Night.

As we know from those who come to speak with us, there is a wide variety of experience with treatment types and whether or not they have helped. The national guidelines identify six features of effective therapies:

- The therapy is based on an explicit and integrated theoretical approach, to which the therapist (and other members of the treatment team, if applicable) adheres, and which is shared with the person undergoing therapy.
- The therapy is provided by a trained therapist who is suitably supported and supervised.
- The therapist pays attention to the person's emotions.

- Therapy is focussed on achieving change.
- There is a focus on the relationship between the person receiving treatment and the clinician
- Therapy sessions occur regularly over the planned course of treatment. At least one session per week is generally considered necessary.



The question often remains: how do these therapies work? Why do they work?

Elise Carrotte will speak at our next Info Night and will discuss the types of psychological therapies that are supported by research evidence. She will discuss the similarities and differences between these, as well as discuss how they align with the national guidelines. She will also comment on the availability of these treatments in Victoria.

TITLE:
What Works!

PRESENTED BY:
BPD Community

TIME: 7pm

DATE: Wednesday, 26 February

PLACE: Star Health
341 Coventry St
Sth Melbourne

Please RSVP to:
barb@bpdcommunity.com.au
Or call Barb on 0409 952 754

Elise Carrotte

Elise Carrotte has considerable experience and knows Borderline Personality Disorder. She is a Research Officer at SANE Australia, working to promote the wellbeing of people affected by complex mental health issues.

She is with SANE's Anne Deveson Research Centre which partners with people with mental health issues and their families, friends and colleagues to drive policy and social change. The Anne Deveson Research Centre is dedicated to reducing the stigma associated with mental health issues.

Elise is also a registered psychologist. Her research and professional interests include young people's

health, LGBTI health, eating disorders and personality disorders. Her current mixed methods research at SANE relates to personality disorders, suicide prevention, and schizophrenia.

Elise's background and experience makes her an ideal person to give us insight into what treatment works.

